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PROGRAMS FOR SENIORS

1986-87

Working Together For You

Alberta government departments are working together to provide Alberta's senior citizens with a comprehensive range of services. Encouraging coordination of all of these services is the Interdepartmental Committee on Senior Citizens. Representatives from 12 departments meet regularly to exchange information on new program plans and program changes that will affect Alberta's senior citizens.

The Interdepartmental Committee on Senior Citizens

Advanced Education
Community and Occupational Health
Consumer and Corporate Affairs
Culture
Hospitals and Medical Care
Municipal Affairs
Municipal Affairs, Housing Division
Municipal Affairs, Native Services Division
Recreation and Parks
Senior Citizens Secretariat
Transportation
Women's Secretariat

CANADIANA
C2
MAR - 9 1987

PLEASE NOTE THESE CHANGES
on page 18

Under **AUXILIARY HOSPITALS**

—Effective date for the maximum daily charges listed should be **January 1, 1987**

Under **NURSING HOMES**

—Effective date for the daily charges listed should be **January 1, 1987**

—After the residency requirements add the following:

If an applicant does not meet the above residency requirements to be eligible for benefits, the individual must also pay the provincial subsidy of the cost.

Alberta, its purpose is to promote the independence of seniors.

The information is current as of October, 1986. Although the information is frequently updated, programs may change without notice. It is advisable to write or call contacts listed to ensure changes have not occurred.

Congratulations to all who reach sixty-five years of age this year.

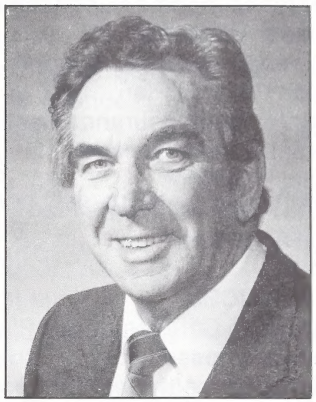
Sincerely

Harry E. Alger
M.L.A. Highwood

Advanced Education
Community and Occupational Health
Consumer and Corporate Affairs
Culture
Hospitals and Medical Care
Municipal Affairs
Municipal Affairs, Housing Division
Municipal Affairs, Native Services Division
Recreation and Parks
Senior Citizens Secretariat
Transportation
Women's Secretariat

Alberta
SENIOR CITIZENS SECRETARIAT

2nd Floor, Seventh Street Plaza, 10030 - 107 Street, Edmonton, Alberta, Canada T5J 3E4 403/427-7876



As the M.L.A. appointed by the provincial Government to be responsible for the Senior Citizens Secretariat (formerly the Senior Citizens Bureau) and the Senior Citizens Advisory Council, I am pleased to present this 1986/87 updated edition of Programs for Seniors.

Last year about 40,000 copies were distributed to seniors and to professionals and volunteers who work with seniors. Many requests were accompanied by words of appreciation for this helpful booklet.

This publication describes programs and services provided by the federal and provincial Governments. In accordance with the philosophy of the Government of Alberta, its purpose is to promote the independence of seniors.

The information is current as of October, 1986. Although the information is frequently updated, programs may change without notice. It is advisable to write or call contacts listed to ensure changes have not occurred.

Congratulations to all who reach sixty-five years of age this year.

Sincerely

Harry E. Alger
M.L.A. Highwood

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GENERAL INFORMATION

LOCAL INFORMATION AND REFERRAL CENTRES

These centres can provide you with information about programs and services for people age 65 or over. Efforts are made to answer all questions. Some centres publish booklets listing the services available.

In areas where there are not any senior centres providing information, some Family and Community Support Services offices provide this service. These are also listed.

AIRDRIE
Airdrie Information Centre
104 First Avenue N.E.
Box 689
T0M 0B0 (948-5907)

ALIX
Family and Community Support Services
Box 306
T0C 0B0 (747-2030)

ATHABASCA
Family and Community Support Services
Box 90
T0G 0B0 (675-2623)

BANFF
Family and Community Support Services
Box 1835
T0L 0C0 (762-4426)

BARRHEAD
Family and Community Support Services
Box 488
T0G 0E0 (674-3341)

BASSANO
Family and Community Support Services
Box 298
T0J 0B0 (641-3520)

BONNYVILLE
Family and Community Support Services
Box 1665
T0A 0L0 (826-2120)

BROOKS
Family and Community Support Services
Box 1749
T0J 0J0 (362-4973)

CALGARY
Kerby Centre
1133 - 7 Avenue S.W.
T2P 1B2 (265-0661)
Senior Citizens' Central Council of Calgary
922 - 9 Avenue S.E.
T2G 0S4 (266-6200)

CAMROSE
Camrose District Senior Centre
5415 - 49 Avenue
T4V 0N6 (672-7022)

CANMORE
Family and Community Support Services
Box 460
T0L 0M0 (678-5593)

CLARESHOLM
Family and Community Support Services
Box 1297
T0L 0T0 (625-4417)

COALDALE
Barons - Eureka - Warner
Family and Community Support Services
Box 328
T0K 0L0 (345-4451)
(327-6507)

COLD LAKE
Family and Community Support Services
Box 87
T0A 0V0 (639-3626)

DRUMHELLER
Family and Community Support Services
Box 2549
T0J 0Y0 (823-6300)

EDMONTON
The Society for the Retired and Semi-Retired
10004 - 105 Street
T5J 1C3 (423-5510)

EDSON
Family and Community Support Services
Box 1388
T0E 0P0 (723-4401)

FALHER
Smoky River Family and Community Support Services
Box 487
T0H 1M0 (837-2014)

FORT CHIPWYAN
Senior Citizens Program
Box 180
T0P 1B0 (697-3627)

FORT MACLEOD
Family and Community Support Services
Box 232
T0L 0Z0 (553-4491)

FORT McMURRAY
Home Service Program
8530 Franklin Avenue
T9H 2J3 (743-7920)

FORT SASKATCHEWAN
Family and Community Support Services
1005 - 102 Street
T8L 2C5 (998-5151)

FROG LAKE
Family and Community Support Services Centre
T0A 1M0 (943-2215)

GRAND CENTRE (see COLD LAKE)

GRAND PRAIRIE
Grande Prairie and Area Council on Aging
Golden Age Centre
10222 - 101 Avenue
T8V 0Y5 (539-6255)

HANNA
Hanna Community Services Department
Box 430
T0J 1P0 (854-4700)

HIGH LEVEL
Family and Community Support Services
Box 208
T0H 1Z0 (926-2267)

HIGH PRAIRIE
Family and Community Support Services
Box 999
T0G 1E0 (523-4441)

HINTON
Community Services
Box 818
T0E 1B0 (865-2217)

KILLAM
Flagstaff Family and Community Services
Box 450
T0B 2L0 (385-3976)
Toll free in Flagstaff Area (Zenith 22226)

LAC LA BICHE
Family and Community Support Services
Box 756
T0A 2C0 (623-4463)

LACOMBE
Seniors Information Outreach Coordinator
Box 1179
T0C 1S0 (782-6637)

LEDUC
Senior Citizens Coordinator, Civic Centre
Family and Community Support Services
Box 187
T9E 2Z3 (986-2261)
(Ext. 125)

LESSER SLAVE LAKE INDIAN REGIONAL COUNCIL
Box 1740
High Prairie (523-4401)
T0G 1E0
Toll free: 1-800-422-7712

LETHBRIDGE
Lethbridge Senior Citizens Organization
500 - 11 Street South
T1J 4G7 (320-2222)

LLOYDMINSTER
Seniors Outreach Coordinator
208 - 2 Avenue
T0J 3H0 (934-5335)

MEDICINE HAT
The Veiner Centre
225 Woodman Avenue S.E.
T1A 3H2 (529-8383)

PROVOST
Eastpark Senior Needs Worker Association
Box 758
T0B 3S0 (753-2280)

RED DEER
Golden Circle
4620 - 47 Avenue
T4N 3P5 (343-6074)

RIMBEY
Family and Community Support Services
Box 404
T0C 2J0 (843-2030)

SHERWOOD PARK
Strathcona Family and Community Support Services
205 Athabascan Avenue
T8A 4C8 (464-4044)

SLAVE LAKE
Family and Community Support Services
Box 858
T0G 2A0 (849-5325)

STANDARD
Wheatland Family and Community Support Services
Box 361
T0J 3G0 (644-3839)

STETTLER
Stettler and District Family and Community Support Services
Box 2097
T0C 2L0 (742-1155)

STRATHMORE
Strathmore Information Centre
Seniors Outreach Coordinator
208 - 2 Avenue
T0J 3H0 (934-5335)

ST. ALBERT
Outreach Coordinator
St. Albert Seniors Recreation Centre
7 Tache Street
T8N 2S3 (458-2771)

ST. PAUL
Family and Community Support Services
Box 1480
T0A 3A0 (645-5311)

SUNDRE
Family and Community Support Services
Box 420
T0M 1X0 (638-3220)

TWO HILLS
Family and Community Support Services
Box 687
T0B 4K0 (657-3540)

VEGREVILLE
Family and Community Support Services
Box 809
T0B 4L0 (632-3966)

WAINWRIGHT
Wainwright District Support Services
Box 1391
T0B 4P0 (842-2777)

WESTLOCK
Family and Community Support Services
Box 1266
T0G 2L0 (349-5900)

WILDWOOD
Family and Community Support Services
Box 300
T0E 2M0 (325-3782)

SENIOR CITIZENS SECRETARIAT

The Alberta government established this office in 1975. One of its purposes is to provide information about services and resources provided by the federal Government, the Alberta Government, municipalities and private agencies. The Secretariat, in addition to keeping up-to-date information on programs and services, also provides resource information and advice to government and community groups, and encourages coordination in the planning and delivery of services to senior citizens.

If a local information centre is not available, questions may be directed to:

SENIOR CITIZENS SECRETARIAT
Government of Alberta
2nd Floor, Seventh St. Plaza
10030 - 107 Street
EDMONTON, Alberta
T5J 3E4
(427-7876)

RITE CENTRES

Call the RITE operator and ask to be connected with the Senior Citizens Secretariat at **427-7876.**

Calls from outside Edmonton are free of charge.

If you live outside a RITE telephone centre, check your local telephone directory under the Government of Alberta listing on how to reach your closest RITE operator who will in turn connect you with the Senior Citizens Secretariat.

Location	RITE Number
Barrhead	674-8251
Blairmore	562-7331
Brooks	362-5551
Calgary	297-6161
Camrose	679-1211
Cardston	653-4461
Claresholm	625-3301
Drumheller	823-5740
Edson	723-8341

Fort Macleod	553-3346
Fort McMurray	743-7171
Grande Prairie	538-5121
Hanna	854-5511
High Prairie	523-6561
High River	652-8311
Hinton	865-8211
Lac La Biche	623-5211
Lethbridge	381-5151
Lloydminster	871-6411
Medicine Hat	529-3511
Olds	556-4221
Peace River	624-6181
Pincher Creek	627-3366
Red Deer	340-5111
Rocky Mountain House	845-8211
Slave Lake	849-7111
Stettler	742-7511
St. Paul	645-6212
Taber	223-4471
Three Hills	443-5503
Vegreville	632-5461
Vermilion	853-8111
Wetaskiwin	352-1211

PROVINCIAL SENIOR CITIZENS ADVISORY COUNCIL

This council is appointed by the Minister of Social Services to provide advice to the government on specific policies and programs for senior citizens, and to advise about priorities and the coordination of programs.

The council is composed of representatives from the general public, the majority of whom are senior citizens, a member of the provincial legislature, and one representative each from the Alberta Medical Association, the Alberta Hospital Association and the universities.

The Senior Citizens Secretariat provides the staff services for the council.

RETIREMENT INCOME

This section deals with those federal and provincial programs which provide income to eligible persons aged 65 and over and spouses. The first part explains federal programs; the second, provincial programs; and the last part deals with discounts.

FEDERAL GOVERNMENT PROGRAMS

The federal government has centralized service offices for Old Age Security, Guaranteed Income Supplement, Spouse's Allowance and the Canada Pension Plan. All enquiries about these programs may be made through the offices listed below.

Income Security Programs District offices are at the following locations:

EDMONTON
10055 - 106 Street
T5J 2Z6
(420-2630)

CALGARY
2nd Floor
Government of Canada Building
220 Fourth Avenue S.E.
T2G 4X3
(292-5559)

LETHBRIDGE
Room 100
410 Stafford Drive South
T1J 2L2
(327-2155)
Toll Free Services: 1-800-661-8828

In addition to the district offices, which are open on a full-time basis, other offices are open on a part-time basis:

MEDICINE HAT
Unit 7A
444 - 2 Street S.E.
T1A 0C3
(526-7302)
2nd and 4th Tuesday and Wednesday of each month

OR

The Veiner Centre
225 Woodman Avenue S.E.
T1A 3H2
(526-6762)
Every Monday and Tuesday

RED DEER
Room 102
4708 Gaetz Avenue
T4N 4A1
(343-1344)
Monday through Thursday 8:30 a.m. to 4:00 p.m.

Representatives are available at other localities. Since the dates and times can vary, it is best to call the closest listed number to determine the schedule.

NORTHERN REGION

Athabasca	675-2243
Barrhead	674-3331
Bonnyville	826-3171
Camrose	679-1260
Castor	882-3211
Coronation	578-3970
Edson	723-3326
Grande Prairie	532-9811
High Prairie	523-4561
Hinton	865-2217
Jasper	852-4401
Lac La Biche	623-4821
Peace River	624-4484
Ponoka	783-4431
Provost	753-2434
St. Paul	645-4428
Sedgewick	633-3730
Stettler	742-4481
Vegreville	632-5453
Vermilion	853-2811
Viking	336-3466
Wainwright	842-4454
Westlock	349-3346
Wetaskiwin	352-3321

CENTRAL REGION

Banff	762--4830
Drumheller	823-3365
Hanna	854-4448
High Prairie	652-2341
Olds	555-4200
Three Hills	443-5503

SOUTHERN REGION

Blairmore	582-8118
Brooks	362-4973

Areas close to these B.C. locations can make appointments by calling the B.C. numbers listed.

Cranbrook	489-4101
Creston	428-9279
Fernie	423-6817
Kimberley	427-4831
Sparwood	425-6271

OLD AGE SECURITY PENSION

A federal benefit available to persons 65 years of age or older who were born in Canada or have lived in Canada for the last ten years.

The monthly payment as of October 1, 1986 is $294.43. Payments increase in January, April, July and October each year if there is an increase in the cost of living index.

You must apply for this pension. If possible, send in your application six months before your 65th birthday. You must include your birth certificate or two other documents that state your date of birth. If you do not have proof of age, the Old Age Security office will help you with this. Your first cheque will come in the month following your 65th birthday.

If you entered Canada for the first time on July 1, 1977 or later, your Old Age Security is earned at the rate of 1/40th of the regular pension for each complete year of residence in Canada to a maximum of 40 years.

A person could possibly quality under the Reciprocal Agreement. A Reciprocal Agreement on Social Security is an arrangement whereby two countries agree to provide equal treatment to the residents of both countries under each country's laws on social security. This enables the two countries to protect the social security credits earned by an individual in both countries. Age, residence and legal status is still a qualifying factor. Minimum residence requirement is still ten years. Canada has agreements with the following countries: Italy, France, Greece, United States, Portugal, Jamaica, Barbados, Denmark and Sweden. Any inquiries should be referred to Income Security Programs.

Application forms for Old Age Security are available at all POST OFFICES or at any INCOME SECURITY PROGRAMS OFFICE.

GUARANTEED INCOME SUPPLEMENT

A federal government benefit available to persons who receive the Old Age Security pension and who have little or no other income.

This additional pension must be applied for every year. Eligibility and the amount of the supplement depends on your total family income in the previous calendar year (from January to December) and your marital status. The maximum amount as of October1, 1986 is: single, $349.91; married couple, $227.89 for each person. This supplement is included in the federal Old Age Security cheque.

If the cost of living goes up, the supplement goes up in January, April, July and October.

If an application form has not been sent to you and you think you are eligible, contact the nearest INCOME SECURITY PROGRAMS OFFICE.

SPOUSE'S ALLOWANCE

A federal benefit paid to spouses, between 60 and 65 years of age, of pensioners receiving the Guaranteed Income Supplement.

To be eligible:

1. You must be the husband or wife of an old age pensioner (a common-law relationship may be recognized).
2. You must be between 60 and 65 years of age, and you must have lived in Canada at least ten years before you apply.
3. Your combined annual income, not including the Old Age Security Pension, must be less than $15,695.99, effective October 1, 1986 (this amount goes up from time to time).

The amount of allowance depends on your combined income in the previous calendar year. Effective October 1, 1986, the maximum payment is $522.32 a month. Payments are increased in January, April, July and October each year if there is an increase in the cost of living index.

Your spouse should apply for this federal

government allowance six months before his or her 60th birthday, and *reapply each year* until he or she becomes eligible for the Old Age Security pension at age 65. This allowance continues until age 65 even if the spouse who received Old Age Security dies.

WIDOWED SPOUSE'S ALLOWANCE

A federal benefit available to Widows/Widowers between the ages of 60 and 65. It is payable to the widowed spouse of either a legal or common-law marriage. This is not payable if the widow/widower becomes the spouse of another person. Persons who were divorced from a spouse now deceased cannot qualify for this benefit.

To be eligible:

1. You must be between the ages of 60 and 65; proof of age is required.
2. You must be a Canadian Citizen or legal resident in Canada.
3. You must have resided in Canada after age 18 for a minimum of 10 years.
4. Proof of marriage is required.
5. Death certificate is required.

If you leave Canada, the allowance is payable for the month of departure and six additional months. It will be reinstated when the spouse resumes residence in Canada.

The amount of Allowance depends on your income in the previous calendar year. Effective October 1986, the maximum Widowed Spouse's Allowance is $576.66 a month. The income level for October 1986 is $11,544.00.

An application must be completed each year.

CANADA PENSION PLAN

A contributory pension plan of the federal Government. You may be eligible for benefits if you have paid into the plan. You should apply six months before your 65th birthday or two months before your retirement. *The amount of pension depends on your wages when employed.*

The Canada Pension Plan pays six benefits to contributors:

1. a monthly retirement pension to those age 65 and older;
2. a monthly disability pension to persons under 65;
3. a monthly benefit for children dependent on a disabled person (under 65);
4. a monthly spouse's pension for widows and widowers whose spouse had contributed to the plan;
5. a monthly pension for orphans;
6. a death benefit.

If you are eligible for both the Old Age Security pension and this retirement pension, you may apply for both pensions at the same time at any INCOME SECURITY PROGRAMS OFFICE.

For information on any of these programs contact the nearest INCOME SECURITY PROGRAMS OFFICE.

1986 MAXIMUM BENEFIT RATES (CPP)

Monthly Payments:

Retirement	$ 486.11
Disability	$ 455.64
Survivor's Pension (under 65)	$ 273.35
Survivor's Pension (over 65)	$ 291.67
Child's Benefit	$ 91.06
Death Benefit	$2,580.00

Benefits are indexed annually.

UNEMPLOYMENT INSURANCE BENEFITS

A federal program which provides for payment of a special benefit to workers when they become 65 years of age. You may be eligible for this benefit, whether or not you continue working, if you are 65 years of age, and have not already received an Unemployment Insurance retirement benefit.

To be eligible you must have worked in insurable employment for at least 20 weeks within the last 52 weeks, or since the start of your last Unemployment Insurance initial claim, whichever period is shorter.

The amount you can receive is 60 percent of the average weekly insurable earnings, to a maximum of $276 per week for a total of three weeks. For application forms or for further information, contact your local Canada Employment Centre which is listed under Government of Canada, Employment and Immigration in your telephone directory.

VETERANS AFFAIRS CANADA

Benefits from the federal government available to war veterans or their dependents. May also be available to other groups that were in a theatre of action.

Benefits include: War Veterans Allowance, Civilian War Allowance, War Disability Pensions, coverage of certain hospital and medical expenses, assistance with the cost of eyeglasses and dental care, prosthetic and surgical or medical supplies, counselling services, and some assistance with helping qualified veterans remain in their homes and communities for as long as possible (see Home Help services, page 25). Funeral and burial grants available.

For information, call or visit the office of VETERANS AFFAIRS CANADA at:

EDMONTON
8th Floor, Baker Centre
10025 - 106 Street
T5J 1G7
(420-3762)

CALGARY
Room 307, Sam Livingston Building
102 - 12 Avenue S.W.
T2R 0X5
(292-4048)

PROVINCIAL PROGRAMS

ALBERTA ASSURED INCOME PLAN

A provincial allowance that is automatically paid to all Alberta pensioners who receive the federal Guaranteed Income Supplement.

The monthly amount depends on your marital status and your total income from all sources. The present maximum payment is $95 a month for single pensioners and $95 a month each for a married couple who are both pensioners. The present minimum monthly payment is $10.

You do not apply for this allowance. If you receive the federal Guaranteed Income Supplement you will automatically receive the Alberta allowance. Persons receiving Spouse's Allowance are not eligible for this supplement.

For further information contact:

ALBERTA ASSURED INCOME PLAN
Alberta Social Services
10030 - 107 Street
EDMONTON, Alberta
T5J 3E4
(427-7286)

SOCIAL ALLOWANCE

A provincial financial assistance program which provides help to those who do not have enough income to meet their basic needs.

Eligibility is determined by:

1. your needs.
2. total income from all sources, including pensions.
3. assets. If you have assets of more than $1,500 (if single) or $2,500 (for a family) you will not be eligible. If you are single and employable, only $50 of this may be in cash; for a family, if the head of the household is employable, only $250 of this may be in cash. Assets include such things as cash, money in bank accounts, stocks, bonds, the cash surrender value of life insurance policies and real estate other than your own home.

For more information contact the nearest district office of ALBERTA SOCIAL SERVICES (listed in local telephone directories under Government of Alberta).

ALBERTA WIDOWS' PENSION PROGRAM

A provincial financial assistance program available to widows or widowers, age 55 and over but under 65, who have a limited income or no income.

Who Is Eligible?

To be eligible, the person must be an Alberta resident and a Canadian citizen or a non-sponsored, landed immigrant.

Financial Benefits

Similar to those received by Alberta senior citizens under the Alberta Assured Income Plan and the Federal Income Security Programs.

Health Care Benefits

Available to recipients and their dependents and are similar to those extended to senior citizens in Alberta. They include premium-free coverage under the Alberta Health Care Insurance Plan, the Extended Health Benefits Program and the Alberta Blue Cross Plan.

This health care coverage is effective on the date eligibility for the pension is established,

providing you are registered with the Alberta Health Care Insurance Plan. You will automatically receive a Blue Cross card which will entitle you to receive Blue Cross benefits. These benefits will cease at the end of the second month following the date that you are no longer eligible for the Widows' Pension.

HOSPITAL BENEFITS

You will not be required to pay the $10 admission fee charged by Alberta's general hospitals if you present the yellow card which entitles you to Extended Health Benefits under the Alberta Health Care Insurance Plan.

HOUSING BENEFITS

Which may be available to recipients of the Widows' Pension are the Property Tax Reduction Benefit or Renters' Assistance Grant.

Recipients may also be eligible for the Seniors' Home Improvement Program and the Senior Citizens' Home Heating Protection Program.

Application forms for the Widows' Pension Program are available at Treasury Branches, Provincial Buildings, local information centres, or by contacting:

ALBERTA WIDOWS' PENSION PROGRAM
Alberta Social Services
10030 - 107 Street
EDMONTON, Alberta
T5J 3E4
(422-4080; toll-free long distance — Zenith 22001)

Persons receiving the Widows' Pension may be eligible for these programs which are explained in this booklet on the pages listed:

Alberta Health Care Insurance Plan ..... page 10
Alberta Blue Cross Plan ..... page 12
The Extended Health Benefits Program ..... page 13
General Hospitals ..... page 17
Renters' Grant ..... page 20
Renters' Assistance for Mobile Home Owners ..... page 20
Property Tax Reduction Benefit ..... page 20
Senior Citizens' Home Improvement Program ..... page 21
Senior Citizens' Home Heating Protection Program ..... page 20

SENIOR CITIZENS' DISCOUNTS

A discount sheet prepared by THE SOCIETY FOR THE RETIRED AND SEMI-RETIRED in Edmonton listing local discounts for senior citizens. See local information centres, page 1, for possible discounts in your area.

FISHING LICENCE

A fishing licence is not required for Canadian seniors who are 65 or over. You must carry proof of age and you still must comply with all sport fishing regulations. This free fishing does not apply in the national parks in Alberta.

NATIONAL PARKS

Free admission to any national park for people 65 or over. A special sticker can be obtained from the gate attendant at any national park. It must be renewed each year. You must show proof of age.

PROVINCIAL PARKS

Free admission to campers age 65 and over for a maximum stay of two weeks. Must have proof of age and be a resident of Alberta. If making reservations, a $3 fee will be charged. For information, call **427-7338.**

BANKING DISCOUNTS

Most banks offer free or reduced service charges and special types of accounts to people age 60 or over. You must inquire about discounts offered.

TRAVEL DISCOUNTS, see TRANSPORTATION page 30

ALBERTA HEALTH CARE INSURANCE PLAN

A provincial insurance plan which provides coverage for basic medical and other health care services (as outlined below). Albertans registered with the Alberta Health Care Insurance Plan also receive provincial insured hospital services (as outlined near the end of this HEALTH SERVICES section).

Persons age 65 and older, their spouses and dependents are not required to pay premiums for health insurance. If you have been registered with the Alberta Health Care Insurance Plan, you will be sent a Proof of Age questionnaire before your 65th birthday. Please complete the form and return it with a copy of your birth certificate or other proof of age. Do not send an original document, since its safe return can not be ensured. Rather, submit a clear photocopy. A signed statement before a commissioner of oaths is acceptable as proof of age.

If you do not receive this form, write to the Alberta Health Care Insurance Plan and include a clear photocopy of your birth certificate or other proof of age. This will ensure that you will not have to pay the premiums, beginning the first of the month after your 65th birthday, to receive coverage. For information, contact the plan offices or contact your local information centre (see page 1).

The following is a list of basic health services provided under the Alberta Health Care Insurance Plan. (A benefit year runs from July 1 - June 30 of the following year.)

1. **Medical Services** of a physician or osteopath paid under an approved schedule of fees.
2. Certain **Specified Oral Surgery** procedures by a dental surgeon.
3. **Chiropractic Services** to a maximum of $12.00 for each visit. The maximum for a single person is $200 in a benefit year. The maximum for a family unit is $400 in a benefit year. These amounts include up to $19.90 for x-rays.
4. **Foot Care and Podiatric Appliances.** The maximum for a single person is $200 in a benefit year, and the maximum for a family unit is $400 in a benefit year.
5. Medical examinations required for **Driver's Licences** for people 69 years of age and older.
6. Payment of up to $24.85 for one **Eye Examination** and writing of a prescription for the fitting of glasses in each benefit year.
7. **Physical Therapy** to a maximum of $19.60 for each visit. Maximum amount paid in each benefit year has been lifted for senior citizens.

ALBERTA HEALTH CARE INSURANCE OFFICES ARE:

CALGARY
#210 McLaws Building
407 - 8 Avenue S.W.
T2P 1E5
(297-6411)

EDMONTON
10025 Jasper Avenue
Box 1360
T5J 2N3
(427-1432)

Senior citizens requiring general information regarding registration and cancellation of the plan or Blue Cross should call 427-1541 or 427-1536.

TEMPORARY TRAVEL OR VISITS

1. NOTIFY ALBERTA HEALTH CARE WHEN LEAVING THE PROVINCE FOR THREE MONTHS OR LONGER.

   Please let Alberta Health Care know if you expect to be out of the province for three months or longer. Give them your expected dates of departure and return along with the reason for your absence.

   Advise Alberta Health Care again if the expected time of your return is delayed; also if a shorter absence is extended to last three months or more. Finally, contact them upon your return. These steps will help to ensure you of continuous coverage.

2. SERIOUSLY CONSIDER GETTING EXTRA HEALTH INSURANCE FOR TRIPS OUTSIDE CANADA.

Medical and hospital costs in some countries run much higher than in Canada. Although you take along your Alberta health card and hospital coverage when you leave Canada temporarily, the amount paid by Alberta Health Care for any care or treatment you may require is based on the Alberta rate for the same or similar service.

You are responsible for paying the difference, which may run into hundreds, or thousands, of dollars, particularly if hospitalization is included.

EXTRA BILLING

Extra billing is no longer permitted for any REQUIRED MEDICAL SERVICE OR ORAL SURGERY THAT IS COVERED UNDER THE ALBERTA HEALTH CARE INSURANCE PLAN. Medical service here refers to services provided by a **medical doctor,** whether a general practitioner (family doctor) or specialist, and includes laboratory tests as well as x-rays and other radiology tests. Oral surgery refers to those surgical procedures which a dental surgeon can claim from Alberta Health Care.

The extra billing ban does NOT refer to the additional amounts you, the patient, may be charged by the health-related practitioners who submit claims to Alberta Health Care for the non-medical service they provide. These practitioners include chiropractors, optometrists, podiatrists and physical therapists. Non-medical service also refers to any care and treatment included under Alberta Health Care's special programs (Extended Health Benefits and Alberta Blue Cross Non-Group Membership). In each of these instances, some limits are applied to the amount of insured coverage, and accordingly, in each case, the patient may be billed directly for the balance of the fees charged beyond the amount that can be claimed.

Most, but not all, procedures performed by a medical doctor are considered medically required; however, there are some done strictly at the request of the patient, such as some cosmetic services. Since these are not considered medically required, they can NOT be charged to Alberta Health Care, and in such cases the patient must pay the full fee. A medical doctor should inform a patient in advance when a service is not medically required.

As of October 1, 1986, medical doctors or dental surgeons who extra bill patients must opt-out of the Alberta Health Care Insurance Plan. This means that Alberta Health Care will not pay any claims submitted by this doctor or dental surgeon, OR by his/her patients. In other words, the patient must pay the full amount of the charges, and can NOT be reimbursed by Alberta Health Care for any part of those charges. When a medical doctor or dental surgeon has opted-out of the Alberta Health Care Insurance Plan, his/her patients must be informed of this at the time an appointment is made.

It should be pointed out that a physician who has opted-in and who continues to submit claims to Alberta Health Care, may still charge the patient for certain supplies used in treatment, for example a splint. In addition, there are some medical services that are not insured under the Alberta Health Care Insurance Plan, such as medical/legal advice, medical advice provided by phone, or medical examinations required for insurance or employment. The charges for any of these must be paid by the patient and can not in turn be claimed from Alberta Health Care. Discuss with your doctor any such charges for uninsured supplies or services.

As well, dental surgeons who have opted-in may still bill their patients for some additional charges connected to the surgery, such as for laboratory services. Again, you should ask for a full listing and explanation of such charges. If, after any additional charges have been fully explained to you, you still have reason to believe that you have been extra billed by an opted-in medical doctor or dental surgeon, you should contact the Edmonton or Calgary office of Alberta Health Care and provide all the details.

If you wish to question the additional amounts charged by any of the other (non-medical) practitioners, contact the appropriate Alberta professional group to which the practitioner in question would belong.

ALBERTA BLUE CROSS PLAN

An insurance plan which covers additional health care benefits. Senior citizens, their spouses and dependents do not pay premiums for Blue Cross coverage. When the Alberta Health Care Insurance Plan receives proof that you or your spouse is 65, you will automatically be covered by the Blue Cross Plan beginning the first of the month following your birthday. You will receive a Blue Cross card for Group "66". You must present this card to obtain Blue Cross benefits.

A Blue Cross "benefit year" is from July 1 - June 30 of the following year. Blue Cross pays the following for seniors and their dependents:

1. HOSPITAL COSTS: Additional costs of a semi-private or private room in an auxiliary hospital (to a maximum of $360), or in a general hospital for an unlimited period. An allowance of up to $100 per day to apply against hospital charges remaining after government credit has been applied where a participant is admitted to a general hospital outside the province.

2. DRUGS: 80 percent of the cost of prescription drugs, medications and insulin, if supplied by a licenced pharmacist on a doctor's prescription. You pay 20 percent of the cost; the pharmacist bills Blue Cross for the remaining 80 percent.

3. PROFESSIONAL AMBULANCE SERVICE: Limitations on ambulance charges have been removed. The Alberta Blue Cross plan will accept liability for usual and reasonable charges of professional ambulance services to transport a patient under the plan to or from active treatment hospitals. The ambulance operators will bill Blue Cross directly. For further information, please contact your nearest Alberta Blue Cross office.

For the services listed below, you pay the bill, then submit the receipt to the Blue Cross office for reimbursement.

1. REGISTERED CLINICAL PSYCHOLOGICAL SERVICES: For the treatment of mental or emotional illness, coverage is $20 a visit to a maximum of $100 in a benefit year.

2. HOME NURSING CARE: Covered up to a maximum of $200 for a family unit in a benefit year for service provided by a practical or registered nurse (not related to you) on the recommendation of your doctor.

3. NATUROPATHIC SERVICES: $4 a visit to a maximum of $100 in a benefit year.

4. APPLIANCES: On written order of a physician:
   (a) artificial eyes.
   (b) artificial limbs (excepting myoelectric-controlled prosthesis).
   (c) braces which have a rigid support of metal or plastic, manufactured according to specifications on the written order of a physician.
   (d) repairs or replacement of such appliances may also be covered.
   (e) mastectomy prosthesis: 50 percent of the usual charge on the written order of a physician. The supporting brassiere is not covered by Blue Cross.

5. DENTAL CARE: Repair or extraction of natural teeth damaged by a direct accidental external blow, if repair or extraction is done within 12 months of injury. The total cost is covered.

The ALBERTA BLUE CROSS PLAN OFFICES are:

CALGARY
Suite 640
Rocky Mountain Plaza
615 MacLeod Trail S.E.
T2G 4T8
(234-9666)

EDMONTON
10025 - 108 Street
T5J 1K9
(423-5221)

GRANDE PRAIRIE
31 Prairie Mall
11801 - 100 Street
T8V 3Y2
(532-3505)

LETHBRIDGE
Suite 470, 220 - 4 Street South
T1J 4J7
(328-6081)

MEDICINE HAT
1 - 410 South Railway Street
T1A 2V5
(529-5550)

RED DEER
Suite 125, 4919 - 59 Street
T4N 6C9
(343-7008)

THE EXTENDED HEALTH BENEFITS PROGRAM

An Alberta program for senior citizens which helps pay for eyeglasses, dental care and dentures, hearing aids, surgical supplies and appliances and medical equipment.

Coverage begins on your 65th birthday and includes your spouse and dependents. If you are not registered as a senior citizen with the Alberta Health Care Insurance Plan, see the beginning of this Health Services section for details on registration. IT IS REGISTRATION WITH THE ALBERTA HEALTH CARE INSURANCE PLAN THAT MAKES YOU ELIGIBLE FOR THIS PROGRAM.

NOTE:

If the spouse over age 65 dies, coverage for the surviving spouse under 65 and dependents is discontinued at the end of the second month following the month in which the death occurred.

Present your Alberta Health Care Insurance Card when obtaining a benefit under this program. Always ask about what will be covered by the program and what you will need to pay.

In fact, before you make your appointment you are advised to make sure that you are still eligible for benefits. There are dollar and time limits that Alberta Health Care must follow, and payments cannot be made for services that exceed these limits.

For further information about the following benefits, contact your local information centre (see page 1).

1. EYEGLASSES

The total cost of glasses is not covered. Before ordering glasses, ask the dispenser how much you must pay, how much Extended Health Benefits will pay and ask about the method of payment. There are two ways your bill can be paid:

(a) Extended Health Benefits, at the Alberta Health Care Insurance Plan, can be billed directly for the allowed amount, and you will be asked to pay the difference between this and the total cost of the glasses.

(b) You may be asked to pay the total cost of your glasses; if so, ask for a completed claim form at the dispenser's office, sign it and send it to EXTENDED HEALTH BENEFITS, Box 1376, Edmonton, T5J 2Y6. Allow at least six weeks for the refund.

When you are choosing your glasses, be sure they fit well and that you can see clearly. Once the claim has been paid on your behalf, you may not be eligible to submit another such claim over the next three years.

If you are not satisfied with your eyeglasses, ask your optometrist or ophthalmic dispenser to make adjustments. Remember, when the eyeglasses you have ordered are made, even if you refuse them or return them as unsatisfactory, they still have to be paid for, and if claimed from Alberta Health Care, they are the one set you are allowed in the 3-year period.

When your eyeglasses have been adjusted, to the extent that the optometrist or ophthalmic dispenser states there is nothing more to be done, and if your eyeglasses are still unsatisfactory, you could report your problem to the appropriate body as follows:

Alberta Optometric Association
#208, 9119 - 82 Avenue
EDMONTON, Alberta
T6C 0Z4

Alberta Guild of Ophthalmic Dispensers
c/o Standard Optical Ltd.
#612, 1701 Centre Street N.W.
CALGARY, Alberta
T2E 7Y2

You are allowed only one pair of eyeglasses every three years; the Extended Health Benefit Program will provide payment for one pair of distance glasses and one pair of reading glasses, if you wish these, in place of bifocals or trifocals. Also, a change of lenses will be paid for by the program if you have surgery which affects your vision requiring a change of prescription. If your glasses are acci-

dentally damaged, the cost of repairs can be covered, or the glasses can be replaced if they are damaged beyond repair.

There are limits on coverage for lenses, frames, eyeglasses and eye examinations.

You may request a letter of eligibility from Extended Health Benefits to determine whether coverage is available at the time you are planning new eye care.

Only the wholesale cost of the lenses is covered by the program. Therefore, you could be required to pay more than this amount. Tinted lenses are not covered, but the program will pay what it would cost for untinted lenses with the same corrections. Contact lenses are not covered by the program.

There is a limit to the amount allowed for frames. A maximum of $33.00 will be paid toward the cost of frames and $14.50 for dispensing. You will have to pay the difference between this and the combined cost of the frames and dispensing. Check with dispensers, as some have "discontinued" frames available at reduced prices.

There are often extra charges for eye examinations by opthalmologists and optometrists. Both opthalmologists (medical doctors who specialize in eye problems) and optometrists can prescribe glasses. You may want to compare costs.

To obtain reimbursement for eyeglasses, write to:

EXTENDED HEALTH BENEFITS
Alberta Health Care Insurance Plan
10025 Jasper Avenue
Box 1376
EDMONTON, Alberta
T5J 2Y6
(427-1470)

2. DENTAL CARE AND DENTURES

Before making an appointment with a dentist or denturist, ask about the method of payment and the cost.

Most dentists and denturists will bill the program directly, but there may be an additional charge not covered by the program.

In some cases, a dentist or denturist may ask you to pay the total cost, and then will provide you with a completed claim form to sign and send to EXTENDED HEALTH BENEFITS, Box 1376, Edmonton, T5J 2Y6 for a refund. There may be a difference between the amount you pay the dentist or denturist and the amount the program will reimburse you.

Filling, extracting and repairing natural teeth as well as orthodontics, partial dentures, full dentures, denture repairs and denture relines come under this program, with the following limitations:

(a) one complete denture or reset (including rebase) for each arch once every five years;

(b) one complete denture reset for each arch once every five years;

(c) one partial denture for each arch once every five years;

(d) within a five-year period it is possible to obtain a partial denture for one arch and have it replaced by a complete denture;

(e) one denture reline or rebase every two years;

(f) benefits up to a maximum of $1,200 for any two consecutive calendar years;

(g) payment for major orthodontics (straightening of teeth) with prior approval by the Alberta Dental Association and then approval by the Plan;

(h) gold inlays on dentures are not covered;

(i) there are restrictions for occlusal adjustments. Consult your dentist.

These time periods are measured from the dates the services were provided. You may request a letter of eligibility from Extended Health Benefits to determine whether coverage is available at the time you are planning for dental care.

NOTE CONCERNING DENTURES:

It could take as long as three months for you to get adjusted to new dentures, so do not give up and begin using old dentures. If your new dentures do not seem to fit, ask your dentist or denturist to make adjustments. Remember, when the dentures you have ordered are made, even if you refuse them or return them as

unsatisfactory, they still have to be paid for as the ONE set provided in the five year period.

If your dentures have been adjusted to the extent that the dentist or denturist states there is nothing more to be done and your dentures are still unsatisfactory, you should write to:

(If services were provided by a dentist) Alberta Dental Association, 101, 8230 - 105 St., Edmonton, T6E 5H9. (If services were provided by a denturist) Alberta Dental Mechanics Society, 201 Century Place, 2 Athabascan Ave., Sherwood Park, T6B 2L5.

3. HEARING AIDS

If your hearing problem cannot be corrected by medical or surgical treatment, you may want to consider a hearing aid. The basic tests for the selection and fitting of hearing aids can be done by either a clinical audiologist or a hearing aid dealer.

The majority of hearing aid dealers have an agreement with the government and will bill the program directly for the total cost of the testing, the fitting and the hearing aid.

WARNING:

Some hearing aid dealers have not signed an agreement with the government, and you will not receive a refund for services provided by them; ask about this before making an appointment.

Before hearing aid services are provided, the hearing aid dealer will require you to obtain a written statement from your physician indicating there is no medical reason why an aid should not be fitted. This is most important, so be sure to see your doctor.

After a minimum 30 day trial period following the fitting of the aid, you will be asked to sign a certificate stating satisfaction. Payment to the dealer will not be made by the program until you have signed.

In some cases, it takes more than the 30-day trial period to judge whether or not a hearing aid is going to give the best results possible. It may take some time to adjust to a hearing aid. Do not hesitate to see your dealer and ask him questions.

DO NOT SIGN THE ACCEPTANCE FORM UNTIL YOU ARE COMPLETELY SATISFIED.

The dealer is paid by Extended Health Benefits to service and adjust the hearing aid and earmold, if applicable, for 12 months after the trial period.

Limitations of the program are:

(a) Your hearing aid dealer will provide 12 months servicing, including repairs and parts.

(b) Replacement of batteries is always at your own cost.

(c) After the 12 month service period, minor repairs once every 6 months are provided. The program will pay for factory repairs once in any 6-month period following the expiry of the 12-month warranty period.

(d) A hearing aid will be provided for one ear only.

(e) Loss of a hearing aid before the end of a four-year period is not covered by Extended Health Benefits. You are advised to arrange for insurance to cover loss of hearing aids.

After a four-year period, if your hearing aid is no longer serviceable or the hearing impairment has changed, the program may approve another aid, subject to certain performance criteria.

Direct enquiries to:

EXTENDED HEALTH BENEFITS
(Aids to Daily Living)
Alberta Community and
Occupational Health
Seventh Street Plaza
10030 - 107 Street
EDMONTON, Alberta
T5J 3E4
(427-0731)

4. MEDICAL/SURGICAL SUPPLIES AND REHABILITATION EQUIPMENT

These items are supplied to eligible persons who are disabled for a long term and to individuals who are chronically or terminally ill. Seniors requiring a benefit must see a program "Authorizer" registered with the Extended Health Benefits Program. Authorizers are health professionals located within your

local health unit and in many hospitals, who will assess the need for benefits and complete an authorization form to order the benefits. Most items also require a medical doctor's prescription which verifies medical need for the equipment.

Benefits include: medical/surgical supplies such as ostomy products; incontinence and catheter supplies; injection supplies; urine testing agents and dressings for certain conditions; respiratory equipment; mobility aids such as canes, walkers, and wheelchairs; environmental aids such as bath seats, patient lifters, and commodes; support items such as soft support garments, therapeutic pressure-gradient stockings and mastectomy benefits; and custom-made orthopedic footwear for persons with bony foot deformities. Off-the-shelf orthopedic shoes are not provided.

Many supplies are obtained through retail pharmacies and other suppliers. The larger equipment is purchased through the program unit and is provided on loan through a number of supply companies who will deliver the large recyclable equipment and will maintain it in good operating condition.

Program authorizers and suppliers have complete lists of all items provided and how often you can receive them. The pharmacist or supplier will bill the program directly for authorized benefits. The total cost is covered by the program.

Only certain medical and surgical supplies and equipment are provided. To ensure coverage you should obtain an authorizaton form ***before*** *you contact a supplier. The program does not reimburse people for items purchased previously.*

EXCEPTION:

To obtain custom-made orthopedic footwear benefits, a specific prescription from a medical doctor may be taken directly to a specialty shoemaker or orthotist supplier registered with the program.

SPECIAL DIETS AND DIET SUPPLEMENTS ARE NOT A BENEFIT.

ARTIFICIAL EYES AND LIMBS AND RIGID METAL OR PLASTIC BRACES ARE NOT COVERED BY THE PROGRAM. (SEE SECTION ON ALBERTA BLUE CROSS).

For further information:

EXTENDED HEALTH BENEFITS PROGRAM
(AIDS TO DAILY LIVING)
Alberta Community and
Occupational Health
Seventh Street Plaza
10030 - 107 Street
EDMONTON, Alberta
T5J3E4
(427-7271)

COMMUNITY HEALTH NURSING

A province-wide Community Health Nursing service is offered by local Health Units. The Community Health Nurses provide health education and counselling to individuals and groups on a diverse range of health related concerns such as life style, chronic disease, nutrition, retirement, aging and general health. The primary focus is health promotion.

Screening for blood pressure, hearing and vision, or a general health assessment can be done. Adult clinics are held in some areas. Immunization against certain diseases, such as annual protection against influenza is available.

As the services offered are not the same in all areas, contact your nearest Health Unit office for more information (see listing in Appendix 1).

ALCOHOLISM AND OTHER DRUG SERVICES

The Alberta Alcoholism and Drug Abuse Commission (AADAC) has out-patient and in-patient treatment facilities. Counselling centres are located in Edmonton, Calgary and other major centres.

CALGARY
1177 - 11 Avenue S.W.
T2R 0G5
(245-8828)

EDMONTON
9929 - 103 Street
T5K 0Y1
(427-2736)

For information about services in other areas, contact the following district offices:

GRANDE PRAIRIE
Room 2204
10320 - 99 Street
T8V 6J4
(538-5214)

LAC LA BICHE
Provincial Building
9503 Beaver Hill Road
P.O. Box 1498
T0A 2C0
(623-5287)

LETHBRIDGE
Room 254
200 - 5 Avenue South
T1J 4C7
(381-5104)

RED DEER
Provincial Building
4920 - 51 Street
T4N 6K8
(340-5274)

VICTORIAN ORDER OF NURSES (VON)

A nursing service administered by voluntary boards and funded through fees for service and donations in Calgary, Edmonton, Grande Prairie, Medicine Hat and Lethbridge.

The VON provides nursing care in the home, under the supervision and authorization of your physician. This may include personal care, administration of medication, health teaching, and post-operative care such as changing surgical dressings.

The fee for this service may be covered by government programs. Alberta Blue Cross will reimburse a senior citizen or dependent up to $200 in a benefit year. A fee based on ability to pay will be charged if you don't quality for these programs.

Other services available in some VON offices are Adult Day Programs for the frail elderly and disabled adult, foot-care and health counselling.

For more information, call your local VON office or your local information office (see page 1).

COORDINATED HOME CARE PROGRAM

A program available through your Local Health Unit which provides a range of health and support services in the home to persons who require these services as a result of a medical condition which affects their ability to function independently. Health services include nursing, physiotherapy, occupational therapy, respiratory therapy or speech therapy.

Support services which include homemaking and other home management services may also be supplied by the Home Care Program and are free for the first two weeks. Following the two-week free period, recipients are assessed a fee based on income.

Persons age 65 or over may be admitted to the program if they require only a support service.

Each person must be registered with the Alberta Health Care Insurance Plan to receive health services without charge. Others may receive health services if they agree to pay the ful cost of the service. A medical authorization from the person's physician is required.

Referrals are accepted from family, friends, doctors or patients themselves.

For information about the Home Care Program in your area, contact your local health unit (see Apendix I).

HOME HELP

See section entitled "Services to Help You at Home and in the Community" for information about this service. Day programs for frail and for disabled older persons may be available in your community. For information, contact your local information office (see page 1).

GENERAL HOSPITALS

Hospitals provide a range of acute care services on an in-patient and out-patient basis. Hospital benefits cover in-patient care and services at the standard ward level. You are eligible for provincial insured hospital services if you are covered under the Alberta Health Care Insurance Plan. Admission to a general hospital is arranged by your physician.

AUXILIARY HOSPITALS*

Hospitals provide skilled professional nursing and medical care to meet the needs of those who require care and treatment for an extended period of time due to chronic or recurring illnesses.

The first 120 days of care are covered by provincial hospitalization benefits. After this period, the maximum charge is $14 a day for standard accommodation, or $20.25 a day for private accommodation (as of January 1, 1986).

Admission to auxiliary hospitals is based on a medical assessment of need. Your doctor must request this care for you. Alberta Health Care Insurance registration entitles you to the insured services provided by Alberta's auxiliary hospitals.

NURSING HOMES*

Residential facilities providing personal care and nursing supervision to persons with reasonably stable conditions, but who require some assistance with activities of daily living.

Nursing homes may vary in size and are located throughout the province.

Nursing home residents who qualify for benefits are responsible for the following accommodation charges as of January 1, 1977:

$14.00 a day for standard accommodations
$16.50 a day for double accommodations
$20.25 a day for single accommodations

The province pays for the balance of the nursing home cost if the applicant meets the following requirements:

—has lived in Alberta for three consecutive years at any time previously;

OR

—has lived in Alberta for one year immediately prior to applying and has been a resident of Canada for 10 years or more.

Admission to a nursing home is based on an assessment of need. Your doctor must request this care for you.

* For more information about Nursing Homes and Auxiliary Hospitals, contact the appropriate Calgary or Edmonton District Office listed under DAY HOSPITALS, your local information centre (see page 1), your local health unit (see Appendix I), or your nearest nursing home or auxiliary hospital.

DAY HOSPITALS

Hospital programs providing the following services on a day-admission basis: medical, psychiatric, nursing and dietary services, physiotherapy and occupational therapy, social work counselling, recreational activities and social opportunities.

There are five day hospital programs (three in Calgary and two in Edmonton).

Admission to these programs is based on a medical assessment of need. You must be referred by a physician. At present there is no set fee schedule. Assistance with transportation may be available.

For information contact:

CALGARY
Calgary Auxiliary Hospital and
Nursing Home, District No. 7
1070 McDougall Road N.E.
T2E 7Z2
(261-3800)

EDMONTON
Edmonton and Rural Auxiliary Hospital
and Nursing Home, District No. 24
#405, 10216 - 124 Street
T5N 4A3
(482-7504)

Youville Wing
Edmonton General Hospital
11111 Jasper Avenue
T5K 0L4
(482-8111, and ask for Youville Wing)

GERIATRIC ASSESSMENT AND REHABILITATION HOSPITAL

The Youville Wing of Edmonton General Hospital is a specialized hospital for the elderly who require psychiatric services.

Check under DAY HOSPITALS for the address and phone number.

ALBERTA HEALTH FACILITIES REVIEW COMMITTEE

A committee of twelve appointed by the Provincial Government to visit general hospitals, mental hospitals, auxiliary hospitals, nursing homes and senior citizens' lodges throughout the province, for the purpose of monitoring and evaluating them on behalf of users and

the public at large. The visits are unannounced.

The committee also has a mandate to investigate complaints regarding health institutions. The address is:

ALBERTA HEALTH FACILITIES REVIEW COMMITTEE
2nd Floor, Pacific Plaza
10909 Jasper Avenue
EDMONTON, Alberta
T5J 3M9
(427-4924)

FINANCIAL AID FOR ACCOMMODATION

RENTERS' GRANT

A provincial grant of $1,200 a year available to you if you are 65 or over, have rented accommodation in Alberta for at least 120 days during the year and have not already claimed a homeowner refund for that year.

You must apply for this grant every year. However, application forms will be mailed automatically to persons who received this grant in the previous year.

A married couple can only make one application between them, unless they are legally separated.

A widow or widower between the ages of 60-64 years, whose deceased spouse was 65 years or older and eligible at the time of death, may also qualify for the renters' grant. Recipients of the Alberta Widows' Pension may also be eligible.

People living in subsidized housing, such as senior citizens apartments and lodges, are eligible for a $600 grant. Those living in nursing homes, active treatment hospitals and auxiliary hospitals do not qualify.

Application forms for this annual grant are available at Treasury Branches, local city halls or town offices, local information centres, senior citizens housing or by contacting:

GRANTS AND SUBSIDIES BRANCH
ALBERTA MUNICIPAL AFFAIRS
Box 2021
EDMONTON, Alberta
T5J 2P4
(427-4873)

RENTERS' ASSISTANCE FOR MOBILE HOME-OWNERS

A provincial rental assistance grant of $1,000 for those 65 and over who own and have resided in a mobile home on rented land for at least 120 days and who have not received a property tax reduction benefit. A married couple can only make one application between them, unless they are legally separated.

A widow or widower between the ages of 60-64 years, whose spouse was 65 years or older and eligible at the time of death, may also qualify. A recipient of the Alberta Widows' Pension may also be eligible.

Application is made on the same form as for the Renters' Grant.

Further information is available at Alberta Municipal Affairs (see address under Renters' Grant).

PROPERTY TAX REDUCTION BENEFITS (Home-owner Refund)

The municipal property tax bill is reduced for all Albertans through the provincial school tax reduction plan. If this reduction is less than $1,000, a further reduction can be claimed up to the total amount of the tax or to $1,000, whichever is less.

This additional property tax reduction benefit is available to persons age 65 or over who live in their own homes for at least 120 days during the tax year and who have not claimed a Renters' Assistance Grant for that year.

A widow or widower between the ages of 60-64 years, whose spouse was 65 years or older at the time of death, if he or she continues to own and live in the home, may receive this reduction. Recipients of the Widows' Pension Plan may also be eligible.

Application forms for these benefits are sent each year with your property tax notice, or are available at your municipal office.

The completed application should be returned to your municipality. Further information is available at Alberta Municipal Affairs (see address under Renters' Grant). Telephone: **422-2118.**

SENIOR CITIZENS' HOME HEATING PROTECTION PROGRAM

A provincial program to assist senior citizens with home heating costs.

A rebate of $100 for each calendar year is paid directly to eligible seniors. To be eligible,

seniors must own and live in their own homes for at least 120 days during the calendar year.

The rebate is available to homeowners age 65 or over. Also eligible are widows and widowers between the ages of 60-64 whose spouse was age 65 or over at the time of death. Those persons who are receiving the benefits from the Alberta Widows' Pension Program during the respective calendar year are also eligible.

Usually no application is necessary. Cheques are issued automatically to persons who have applied for and received the Alberta Property Tax Reduction Benefit. Payments are mailed during January to March of the following calendar year.

This program was extended to continue providing annual benefits through to December 31, 1987.

Application forms and information are available at local municipal tax offices or from:

REBATES BRANCH
Alberta Transportation and Utilities
#307, 12323 Stony Plain Road
EDMONTON, Alberta
T5N 3Y9
(422-4098)

SENIORS' HOME IMPROVEMENT PROGRAM EXTENSION

The Seniors' Home Improvement Program Extension continues to assist low and moderate income senior citizens to repair, improve or renovate their homes. Seniors who are eligible to apply must have a household income of $23,000 or less per year. However, if you have already been approved for $3,000 under the Seniors' Home Improvement Program, you are not eligible to receive an additional grant under the Extension.

Who Can Apply For The Extension?

You may apply for a grant under the Extension if you are a homeowner and

—are 65 years of age or older, or a widow or widower 55 or older;
—are an Alberta resident and a Canadian citizen or Landed Immigrant;
—have lived in Canada for at least ten years and in Alberta for one or more years prior to applying; and
—live in your home for at least nine months of the year.

What Are The Income Guidelines?

The amount of grant is based on three categories as follows:

Household Income for Previous Calendar Year	Grant
$17,000 or less, or receiving the Alberta Assured Income Supplement	$3,000
$17,001 to $20,000	$2,000
$20,001 to $23,000	$1,000

You have until December 31, 1989 to apply for a grant. Your application must be approved prior to proceeding with repairs. Application forms are available from the Seniors' Home Improvement Program Extension office or participating financial institutions. For further information, contact:

Seniors' Home Improvement Program Extension
Alberta Municipal Affairs
11156 Jasper Avenue
Box 2453
EDMONTON, Alberta
T5J 3B8
(427-5760). Elsewhere in the province call the operator and ask for Zenith 22093.

HOME ADAPTATION PROGRAM

This provincial program provides a grant of $1,000 to tenants or home-owners with an adjusted family income of $25,500 or less per year, regardless of age, if they are wheelchair users or have a member of their household using a wheelchair. Landlords are also eligible to apply. The program is intended to meet the special home adaptation needs of persons who are permanently confined to a wheelchair. Funds will be granted for permanent modifications to a home associated with improving accessibility and movement for wheelchair users within the home.

YOU MUST GET THIS APPLICATION APPROVED PRIOR TO PROCEEDING WITH ANY ADAPTATIONS.

Enquiries should be made directly to:
HOME ADAPTATION PROGRAM
Grants Administration
10th Floor Financial Building
10621 - 100 Avenue
EDMONTON, Alberta
T5J 0B3
(422-2711)

HOUSING FOR SENIOR CITIZENS

LODGES

Accommodation providing room and board to senior citizens who do not wish to do, or cannot handle their own housekeeping.

Lodges are located throughout the province. The average lodge accommodates between 40 and 65 persons and has both single and double rooms. Furniture, drapes and linen are provided. Complete meal services in a central dining hall are provided for all residents.

Rental rate guidelines are set by the provincial Government.

The maximum rates as of April, 1986 are:

$382 a month, each person, for a double room.

$425 a month for a single room.

$497 a month for a special single room (large).

The local foundation (municipally appointed board) managing each lodge is responsible for handling applications, selecting tenants and setting the rules and regulations for the lodge. The general admission requirements are:

1. reasonable mental and physical health;
2. Alberta residency for one year prior to application;
3. at least 65 years of age (one member of a couple must be 65 years or older).

For more information, contact your local foundation or local information centre (see page 1).

APARTMENTS

Self-contained apartments designed to provide accommodation for senior citizens at a reasonable rent.

The units are either bachelor or one-bedroom apartments with stoves, refrigerators and carpets. Lounges and laundry facilities are available in each project.

Rents in the buildings built under the present plan are based on income. A senior citizen pays 25 percent of his or her gross income in rent.

Cottages or self-contained units built prior to the present plan charge a flat rate which is considerably lower than that charged by privately owned apartments. Rates as of July, 1986 are: bachelor, $174, one bedroom, $255.

If you are a resident of Alberta and can manage your own housework, you may be eligible for a senior citizens' apartment. Since the supply of housing available is limited, priority is given to those in greatest need. Need is determined by your family income, your assets, condition of your present accommodation, the amount of your present rent and the availability of services to you.

Applications are made directly to the project management group which selects the tenants.

For more information in Calgary, Edmonton, Lethbridge and Medicine Hat, contact your local housing registry (see below).

HOMES FOR SPECIAL CARE

Privately operated lodges, licensed by the provincial Government, which provide room, board and some personal care for older residents.

Admission requirements and fees are determined by the management of each home.

HOUSING REGISTRIES

Offices in Edmonton, Calgary, Lethbridge and Medicine Hat which have complete lists of senior citizens housing (apartments and lodges) available in those cities. The registries provide information about local senior citizens housing and may help you find private accommodation. If you live in these areas contact:

CALGARY
Kerby Centre
1133 - 7 Avenue S.W.
T2P 1B2
(265-0661)

EDMONTON
Society for the Retired and Semi-Retired
10004 - 105 Street
T5J 1C3
(423-5510)

LETHBRIDGE
Information Lethbridge
Yates Memorial Centre
4th Avenue and 10th Street South
c/o City Hall
T1J 0P6
(320-3841)

MEDICINE HAT
The Veiner Centre
225 Woodman Avenue S.E.
T1A 3H5
(526-6762)

If a housing registry is not available in your area, contact your local information centre or the Senior Citizens Secretariat, 427-7876, for more information.

LEARNING OPPORTUNITIES

CONTINUING EDUCATION

Credit Courses

Are offered on a tuition-free basis to persons 65 or older attending the following educational institutions (where space is available after fee-paying students have been accommodated):

Alberta Vocational Centre — Calgary
Alberta Vocational Centre — Edmonton
Alberta Vocational Centre — Lac La Biche
Alberta Vocational Centre — Grouard
Northern Alberta Institute — Edmonton of Technology
Southern Alberta Institute — Calgary of Technology

Senior citizens now can attend some other educational institutions in the province on a tuition-free basis or with a minimal registration fee. To find out if this is the case in your area, contact the registrar's office at the nearest university or college or your local information service (see page 1).

Non-Credit Courses

The University of Alberta and the University of Calgary are receiving special ministerial grants to offer non-credit learning experiences on campus called **Spring Session for Seniors.** Some fees are charged for these programs. For further details, contact University of Alberta at **432-3033** or University of Calgary at **284-5431.**

Other non-credit general interest programs may be available to you in your community through the local **Further Education Council.** Please contact the nearest lodge, drop-in centre or local information centre (see page 1).

Regional further education co-ordinators are available in some areas. If you cannot locate the co-ordinator in your area, you should contact the Senior Citizens Secretariat (see page 3) or:

FURTHER EDUCATION PROGRAM SERVICES
Alberta Advanced Education
11160 Jasper Avenue
EDMONTON, Alberta
T5K 0L3
(427-5624)

CONSUMER HELP

Available from Alberta Consumer and Corporate Affairs regional offices throughout the province. Offices are located in Calgary, Edmonton, Fort McMurray, Grande Prairie, Lethbridge, Medicine Hat, Peace River and Red Deer.

- consumer complaint investigation
- financial counselling
- consumer education on workshops and courses
- free information on a variety of topics

For more information about these services, contact the office nearest you. The address and telephone number are listed in your telephone directory under Government of Alberta.

For a list of available free publications, request a copy of "Publication List," from:

ALBERTA CONSUMER AND CORPORATE AFFAIRS
Box 1616
EDMONTON, Alberta
T5J 2N9

ALBERTA AGRICULTURE

Through the resources of the Home Economics Branch and a network of District Home Economists, provides home economics information and education services to rural people, particularly farm families. Current program priorities aimed at farm women include: budgeting, family income, home and farm record keeping, family financial security, time management, remodelling homes for energy efficiency, nutrition, weight control and food preservation.

The Home Economics Branch has developed a learning package, **Nutrition and the Life Cycle: The Senior Years.** It may be borrowed from your local District Home Economist.

Two branch publications of interest to senior citizens are: **Cooking for One or Two** and **Ins and Outs of Nutrition.** These are available from your local Alberta Agriculture District Office or:

PRINT MEDIA BRANCH
7000 - 113 Street
EDMONTON, Alberta
T6H 5T6
(427-0391)

ALBERTA RECREATION AND PARKS

LOCAL RECREATION PROGRAMS

Available throughout the province. The majority of community-based activities are the responsibility of municipal parks and recreation departments.

Recreation activity opportunities for older Albertans include recreation centres, arts and crafts classes and exhibitions, outdoor learning at nature centres, fitness programs, Master's categories in sports (such as swimming, badminton, tennis and golf), the biannual Alberta Senior Games, participatory events in Alberta Summer and Winter Games, and tours and exchange visits.

Your local recreation department can supply you with information as to local programs, activities, interest groups and workshops available. Consult your telephone directory for the number of your local municipal recreation department or contact your local information centre (see page 1).

PROVINCIAL SPORTS AND RECREATION SERVICES BRANCH

A newly established Branch which promotes, encourages and coordinates orderly recreation development in Alberta through the establishment of an integrated provincial system of recreation administration, facilities, participation and leadership opportunities and program development.

Services provided are consultation, information, resource materials, educational opportunities and grants.

ALBERTA RECREATION AND PARKS
Provincial Sports and Recreation
Services Branch
9th Floor, Standard Life Centre
10405 Jasper Avenue
EDMONTON, Alberta
T5J 3N4
(427-2015)

To facilitate department services, the province is divided into regions. For information about the programs and services, you may contact the department's regional recreation consultants:

Barrhead	674-8234
Calgary	297-6115
Edmonton	427-2001
Edson	723-8227
Fort McMurray	427-2001
Grande Prairie	538-5300
High Level	926-3664
High Prairie	523-6536
Leduc	986-8401
Lethbridge	381-5231
Medicine Hat	529-3637
Peace River	624-6295
Red Deer	340-5115
Stettler	742-7516
St. Paul	645-6353
Stony Plain	963-2281
Three Hills	443-5503
Vegreville	632-5413
Wainwright	842-2692

Funding for facilities may be available through the Community Recreation/Cultural Grant Program. For information, contact your recreation consultant.

SENIOR CENTRES, DROP-IN CENTRES AND CLUBS

Exist throughout the province. Programs vary widely. Some centres are open daily, others operate part time. In general, they offer social and recreational opportunities. Some offer services such as friendly visiting, health and information counselling, group meal services, continuing education classes, arts and crafts groups and volunteer opportunities (see "Services To Help You At Home And In The Community").

Check with the centres and clubs in your area, your local information service (see page 1), Family and Community Support Services (see Appendix II) or your local health unit (see Appendix I).

ALBERTA CULTURE

Senior citizens' groups are eligible for any of the programs or services of Alberta Culture, including any workshops, consultative services or resources and library materials.

For information regarding any cultural programs or services, contact:

ALBERTA CULTURE
12th Floor, CN Tower
10004 - 104 Avenue
EDMONTON, Alberta
T5J 0K5
(427-2568)

OR

Any of the department's field offices:

Calgary	297-6126
Grande Prairie	538-5408
Medicine Hat	529-3635
St. Paul	645-6328
Red Deer	340-5257

FACILITY GRANT PROGRAM

A program of Alberta Culture to provide financial assistance to senior citizens' organizations incorporated under the Societies Act, or to organizations acting on behalf of an unincorporated senior citizens' group that provide and have as one of their objectives the provision of services to senior citizens such as: incorporated community service organizations, municipal authorities, recreation boards, lodges, auxiliary hospitals, nursing homes. The purpose of the grant is to:

1. establish cultural/recreational centres.
2. renovate and upgrade existing centres.
3. purchase furniture and equipment for the operation of these centres.

Funding is provided on the following basis:

- a basic non-matching grant of $1,000 or the amount of the project, whichever is less; or
- on projects exceeding $1,000 a basic non-matching grant of $1,000 plus an additional amount on the balance, on a matching basis, not exceeding $3,000.

An organization may make more than one application, but funding is limited to one basic grant of $1,000 and a maximum total grant of $4,000 in a one-year period.

For application forms and further information, you can write or phone:

ALBERTA CULTURE
Senior Citizens Facility Grant Program
12th Floor, CN Tower
10004 - 104 Avenue
EDMONTON, Alberta
T5J 0K5
(427-2568)

NEW HORIZONS

A federal government program which provides funding to groups of ten or more retired persons to carry out projects of their own choosing for the benefit of themselves and others in the community.

Financial assistance is available to start up new activities or to expand existing activities within the community. Grants may cover expenses incurred in planning, organizing and operating activities including such items as rent, utilities, furniture and equipment, materials and supplies and minor renovations for space used. Limited funds are available for capital expenditures. Funds are not available to pay salaries to project directors or participants. The emphasis is on being involved and participating in community events, on a voluntary basis.

Some typical projects include activities at drop-in centres; community services; crafts and hobbies; historical, cultural and educational projects; information services; sports and recreation and performing arts.

New Horizons staff are available to meet with groups considering project activities prior to the preparation of applications.

For information contact:

NEW HORIZONS
203, 10621 - 100 Avenue
EDMONTON, Alberta
T5J 0B3
(420-2754) You can call collect.

SERVICES TO HELP YOU AT HOME AND IN THE COMMUNITY

FAMILY AND COMMUNITY SUPPORT SERVICES PROGRAMS

Provincial/municipal programs available in many parts of Alberta designed to promote the general social well-being of individuals and groups of all ages by preventing or minimizing those conditions which tend to reduce personal well-being.

Through the Family and Community Support Services Programs provincial and municipal funding is provided for services of interest to senior citizens, such as senior centres, home support services and meals-on-wheels.

Most Municipal Family and Community Support Services Programs have a director. Directors are knowledgeable about social and health services provided by other agencies and government departments and are aware of new program developments and funding sources.

For information about the kinds of services in your area, contact your local Family and Community Support Services director (see Appendix II) or contact:

FAMILY AND COMMUNITY SUPPORT SERVICES BRANCH
Alberta Community and
Occupational Health
Seventh Street Plaza
10030 - 107 Street
EDMONTON, Alberta
T5J 3E4
(427-2803)

MEALS-ON-WHEELS

A service which provides one hot meal a day to senior citizens in their homes. There usually is a charge for the meals.

Meals-on-Wheels services are located in many Alberta cities and towns.

For further information, contact your local health unit (see Appendix I), your local Family and Community Support Services office (see Appendix II) or your local information service (see page 1).

HOME HELP SERVICES

Providing limited home help, chore help and home maintenance services in some Alberta cities and towns. The home help service may offer help with light housekeeping and cleaning, shopping and some personal services if you are unable to manage on your own. Chore services and home maintenance services may be available to help you with upkeep and repair work on yard and house if you are unable to do it. There usually is a charge for these services.

For information about those services, contact your local health unit (see Appendix I), your local Family and Community Support Services office (see Appendix II) or your local information centre (see page 1).

THE DEPARTMENT OF VETERANS AFFAIRS — VETERANS INDEPENDENCE PROGRAM

Provides home help such as housekeeping or grounds-keeping to certain veterans who qualify due to health, age, war service disability War Veterans Allowance or a combination of these factors. For further information, contact the district office closest to you.

EDMONTON
District Medical Officer
Veterans Services District Office
8th Floor, Baker Clinic
10025 - 106 Street
T5J 1G4
(420-3762)

CALGARY
District Medical Officer
Veterans Services District Office
Sam Livingston Building
102 - 12 Avenue S.W.
T2R 0X5
(292-4048)

HOME CARE

See "Health Services" for information about the Co-ordinated Home Care Program.

SENIOR CENTRES

Some senior centres provide friendly visiting, group meal services, telephone-buddy calls, health counselling, information services and volunteer opportunity programs. You may wish to use their services or participate in providing the services (see "Leisure Opportunities" for information).

For information about centres, contact your local information service (see page 1), your Family and Community Support Services office or your local health unit (see Appendices I and II).

NEW HORIZONS

Funding for groups wishing to undertake a service project (see "Leisure Opportunities" for information).

FURTHER HELP

Opportunities for people needing some care, to stay for a brief period of time or to go during the day, may be available at a lodge or nursing home in their communities. The day stay may also be available at senior centres. Check with your local information service (see page 1) or your nearest health unit office (see Appendix I).

TRANSPORTATION

BUS PASSES

Available at minimal cost to people 65 years of age and older who are residents of Calgary, Edmonton, Lethbridge and Red Deer. You must supply proof of age when applying. Passes are available at the following places:

CALGARY
Aid Centre
3rd Floor
Calgary Public Building
205 - 8 Avenue S.E.
(268-4656)

EDMONTON
City of Edmonton Transit
LRT Churchill Station
99th St. & 102A Avenue
(across from Art Gallery)
(428-8868)

LETHBRIDGE
Senior Citizens Centre
500 - 11th Street S.
T1J 4G7
(320-2222)

RED DEER
City Hall
City Clerk's Department
4914 - 48 Avenue
(342-8111)

SPECIAL TRANSPORTATION HELP

Available in some of the larger centres for you if you cannot use the regular transportation system. Call your local information centre (see page 1) to learn more about this service.

In smaller centres, some help with transportation may be available. Contact your local information centre (see page 1), your health unit (see Appendix I) or your Family and Community Support Services office (see Appendix II).

Alberta Transportation provides a per capita grant to cities, towns, counties, municipalities, improvement districts and incorporated villages and hamlets to aid them in developing transportation for the elderly and handicapped. The use of these funds is determined by the local government.

The Alberta Council on Aging has published a **Transportation Handbook** to assist rural areas in developing a business service. This booklet is available from the Alberta Council on Aging at a small charge (see page 28 for address).

TRAVEL DISCOUNTS

Various discounts are available to all older people in Alberta when you show proof of age.

Airline Discounts: All reservations confirmed (effective for flights in Canada only).

Airlines providing discounts in fares are:

Air Canada
Canadian Pacific Air
Pacific Western

Via Rail Canada provides a 33 percent discount.

Greyhound Bus provides a 10 percent discount on regular fares, not excursion fares.

Red Arrow Express Bus provides a 10 percent discount except on Friday and Sunday. This bus travels between Calgary, Red Deer, Edmonton and Fort McMurray.

PROVINCIAL ORGANIZATIONS FOR SENIORS

ALBERTA COUNCIL ON AGING

A voluntary organization of groups and individuals concerned with the process of aging. It works toward change on both the individual and societal level, and toward enhancement of active community participation of seniors in society.

The A.C.A. has a Board of Directors, the majority of whom are senior citizens, who are elected by its membership from various parts of Alberta. The Board of Directors is responsible for the development of organizational policy and program strategies.

The Council acts as secretariat for the **Interagency Council,** a group of representatives of non-governmental provincial organizations working with the elderly across Alberta. In this way it encourages communication and sharing of resources among senior groups and organizations without interfering with their autonomy.

The A.C.A. has promoted senior involvement in areas such as health care, transportation, senior centre management, education, sports and recreation, the arts and law enforcement.

The A.C.A. also publishes the A.C.A. News, a current source of information on issues concerning Alberta's seniors.

Individual membership is $5 a year and includes the A.C.A. News. Organizational membership is $25 a year and provides 5 copies of each issue of the A.C.A. News and free use of the film library.

The A.C.A., in cooperation with the Senior Citizens Secretariat, New Horizons, and the Wild Rose Foundation, has developed a unique service to meet the changing needs of senior citizens and their organizations. This innovative program, called the Volunteer Community Consultant Project, utilizes retired experts to assist seniors' groups with their needs in the areas of leadership development, access to resources, programming and communication.

ALBERTA COUNCIL ON AGING
Room 390, First Edmonton Place
10665 Jasper Avenue
EDMONTON, Alberta
T5J 3S9
(423-7781)

CANADIAN PENSIONERS CONCERNED, ALBERTA DIVISION

A senior citizens' organization that concentrates its activities specifically in the area of financial concerns and problems of pensioners. They feel that those seniors' organizations whose work relates to education and who promote recreation, travel and social activities are well-developed, whereas the area of financial concern requires specialized attention.

To achieve its aims, Canadian Pensioners Concerned becomes involved in researching areas of need, anomalies, discrepancies and general financial interest related to pensioners. It monitors legislation passed or proposed and makes its findings known to whichever government is involved by briefs, presentations and lobbies.

All the work of Canadian Pensioners Concerned is carried on by volunteers. Although Canadian Pensioners Concerned has been funded in the past by the federal New Horizons program, it is now completely self-supporting. Donations and contributions from members and the community are its only source of income to cover its operating expenses.

Membership is available to individuals, senior citizens' groups and senior citizens' organizations such as drop-in centres.

A newsletter is published four times a year. It informs members of benefits available and legislation affecting pensioners.

For further information contact:

CANADIAN PENSIONERS CONCERNED, ALBERTA DIVISION
3626 - 113 Avenue
EDMONTON, Alberta
T5W 0P8
(474-3580)

ALBERTA PENSIONERS AND SENIOR CITIZENS ORGANIZATION

A voluntary organization composed of local chapters in Alberta. The Alberta organization was founded in 1942 in Lethbridge, and is a member of the National Pensioners and Senior Citizens Federation.

The organization is concerned about pensions and other issues affecting the elderly.

Chapters meet regularly and hold an annual meeting at which proposed resolutions are voted on and forwarded to appropriate bodies.

For further information, contact:

ALBERTA PENSIONERS AND SENIOR CITIZENS ORGANIZATION
c/o Secretary, Kay O'Connell
P.O. Box 10
PICTURE BUTTE, T0K 1V0
(327-3264)

ALBERTA SENIOR CITIZENS SPORT AND RECREATION ASSOCIATION

A volunteer action group to promote a healthy lifestyle for older adults 55 years and over, which emphasizes the profitable use of leisure time. The ASCSRA provides a unified voice and a sociable atmosphere for older adults to engage in physical activity to the level of choice.

Branches to the ASCSRA have been established in each of the eight Alberta Games zones. These senior volunteers promote, develop and organize grassroots playoff activity leading to the Alberta Seniors Games. They encourage participation and sport development not only for Seniors Games but afterwards as well.

The ASCSRA provides leadership workshops, clinics, instructional demonstrations and resource people to develop and promote the games of floor curling, orienteering, croquet, carpet bowling and other activities.

Annual membership, January 1st - December 31st, costs a nominal fee:

$ 2.00	Individual
5.00	Club — under 50 members
10.00	— 50 to 100 members
15.00	— 100 to 150 members
20.00	— 150 to 200 members
25.00	— over 200 members
20.00	Associate
5.00	Out-of-Province

Members receive quarterly newsletters to keep them up-to-date on seniors activities throughout the province.

For further information, contact:

ALBERTA SENIOR CITIZENS SPORT AND RECREATION ASSOCIATION
#890 Alberta Place
1520 - 4th Street S.W.
CALGARY, Alberta
T2R 1H5
(228-1974)

LEGAL SERVICES

OMBUDSMAN

Appointed by the Legislature. His duty is to investigate the complaints of any person who feels unjustly dealt with by a department or agency of the provincial Government. The ombudsman has no power to investigate complaints against the federal or municipal Government or to intervene in court cases. Investigations can be started only after the person making the complaint has used all the normal channels of appeal. The Ombudsman Act requires every complaint to be in writing. Offices are located at:

EDMONTON
1630 Phipps - McKinnon Building
10020 - 101A Avenue
T5J 3G2
(427-2756)

CALGARY
1080 McFarlane Tower
700 - 4 Avenue S.W.
T2P 3J4
(297-6185)

LEGAL AID

Provides legal representation for eligible individuals who will likely be called upon to repay the Legal Aid Society at a reduced rate when the case is completed.

For an appointment, contact the nearest of the following offices:

Calgary	297-2260
Edmonton	427-7575
Fort McMurray	743-7356
Grande Prairie	538-5470
Hinton	865-8239
Lethbridge	329-5194
Medicine Hat	529-3553
Peace River	624-6250
Red Deer	340-5119
St. Paul	645-6205
Wetaskiwin	352-7011

PUBLIC TRUSTEE

Can assist persons who require help with administration of wills and estates.

In CALGARY, phone **297-6541;** in EDMONTON phone **427-2744.**

PUBLIC GUARDIAN

Offers a legal means to provide support and protection by a guardian.

Offers a legal means for a court-appointed guardian to make, or assist in making, decisions for adult Albertans who are unable to care for themselves and to make reasonable judgements in respect of matters relating to their person.

Offices of the Public Guardian:

CALGARY
2nd Floor, Executive Place
731 - 6 Avenue S.W.
T2P 0V1
(297-3364)

EDMONTON
4th Floor, 108th Street Building
9942 - 108 Street
T5K 2J5
(427-0017)

GRANDE PRAIRIE
4th Floor, Nordic Court
10014 - 99 Street
T8V 3N4
(538-5327)

LETHBRIDGE
501 Professional Building
740 - 4 Avenue South
T1J 0N9
(381-5648)

RED DEER
2nd Floor, Provincial Building
4920 - 51 Street
T4N 6K8
(340-5165)

STUDENT LEGAL SERVICES

Provides free legal information (not advice) by students working under the direction of a lawyer.

IN CALGARY phone **284-6637;**
IN EDMONTON phone:
425-3356 McLeod Project (from 9 - 12 a.m. and 1 - 4 p.m. during the summer months and 4:30 - 6:30 during Fall and winter)

432-0770 Whyte Avenue office (from 9 - 5 during summer months and 7 - 9 p.m. Monday to Thursday in the Fall and winter)

452-9177 West 10 office (from 10 - 12 a.m. and 1 - 3 p.m. during the summer and 7 - 9 p.m. in the Fall and winter)

452-9177 Family Law Information

432-2226 Administrative law (labour, UIC, immigration, small claims, landlord-tenant) 10 - 12 a.m. and 2 - 4 p.m.

LAWYER REFERRAL SERVICE

Operated by the Law Society of Alberta to help you if you can afford to pay for a lawyer, but do not know one who can help you. The service provides the names of three lawyers in a specific category. You receive the first half hour of discussion for a "nominal fee." During that time you can discuss fees and decide whether you want to use the lawyer contacted. You are charged the lawyer's full fee for any service provided. This office is located at:

LAWYER REFERRAL SERVICE OFFICE
344 - 12 Avenue S.W.
CALGARY, Alberta
(263-5988)
(Toll free anywhere in Alberta:)
1-800-332-1110)

ALBERTA WOMEN'S SECRETARIAT

Provides the following booklets:

1. Laws for Albertans.
2. Wills and Estates for Albertans.
3. A Guide to Probate Procedure.

For copies of these free booklets, contact:

THE ALBERTA WOMEN'S SECRETARIAT
Education and Communications Division
8th Floor
Kensington Place
10011 - 109 Street
EDMONTON
T5J 3S8

DIAL-A-LAW

A Calgary based telephone service which provides pre-recorded information tapes on a variety of legal topics.

CALGARY **(234-9022)**
Toll free **(1-800-332-1091)**

APPENDIX I — HEALTH UNITS

Athabasca Health Unit 675-2231
Box 1140
ATHABASCA T0G 0B0
Sub-offices: Calling Lake, Kinuso, Lac La Biche, Slave Lake, Smith, Desmarais

Banff National Park Health Unit 762-2990
Box 1266
BANFF T0L 0C0

Calgary Health Services 228-7400
320 - 17 Avenue S.W.
Box 4016, Station "C"
CALGARY T2T 5T1

Mount View Health Unit 275-2286
Ste. 200, Carma Building
6715 - 8 Street N.E.
CALGARY T2E 7H7
Sub-offices: Airdrie, Canmore, Carstairs, Cochrane, Didsbury, Irricana, Olds, Sundre

Barons-Eureka-Warner Health Unit 345-4451
Box 1000
COALDALE T0K 0L0
Sub-offices: Picture Butte, Raymond, Taber, Vauxhall, Warner

Drumheller Health Unit 823-3341
Box 1780
DRUMHELLER T0J 0Y0
Sub-offices: Strathmore, Three Hills

Edmonton Board of Health 482-1965
Ste. 500, 10216 - 124 Street
EDMONTON T5N 4A3

Alberta West Central Health Unit 723-4421
Box 1718
EDSON T0E 0P0
District offices: Drayton Valley, Evansburg, Grande Cache, Hinton

Chinook Health Unit 553-4451
Box 727
FORT MACLEOD T0L 0Z0
Sub-offices: Blairmore, Cardston, Claresholm, Magrath, Pincher Creek

Fort McMurray & District Health Unit 743-3232
9921 Main Street
FORT McMURRAY T9H 4B4

South Peace Health Unit 532-4441
10320 - 99 Street
GRANDE PRAIRIE T8V 6J4
District offices: Spirit River, Beaverlodge, Valleyview

Big Country Health Unit 854-3325
Box 279
HANNA T0J 1P0
Sub-offices: Consort, Empress, Oyen

High Level-Fort Vermilion Health Unit 926-3791
Bag 400
HIGH LEVEL T0H 1Z0

Foothills Health Unit 652-3297
Box 638
HIGH RIVER T0L 1B0
Sub-offices: Black Diamond, Nanton, Okotoks, Vulcan

Jasper National Park Health Unit 852-4759
Box 925
JASPER T0E 1E0

City of Lethbridge Health Unit 327-2166
542 - 7 Street South
LETHBRIDGE T1J 2H1

Medicine Hat Health Unit 527-1136
770 - 1 Street N.E.
MEDICINE HAT T1A 0B4
Sub-offices: Bow Island, Brooks

Peace River Health Unit 624-3611
10015 - 98 Street
PEACE RIVER T0H 2X0
Sub-offices: Fairview, Falher, High Prairie, Manning

Red Deer Health Unit 346-7741
4920 - 51 Street
RED DEER T4N 6K8
Sub-offices: Delburne, Innisfail,

Lacombe, Rocky Mountain House, Sylvan Lake

North Eastern Alberta Health Unit 645-3396
Box 1468
ST. PAUL T0A 3A0
Sub-offices: Bonnyville, Elk Point, Grand Centre, Smoky Lake, Medley

Sturgeon Health Unit 459-6671
23 Sir Winston Churchill Avenue
Box 174
ST. ALBERT T8N 1N3
Sub-offices: Barrhead, Morinville, Redwater, Westlock

Leduc-Strathcona Health Unit 467-5571
2011 Brentwood Boulevard
Home Care Office 467-5549
340 Sioux Road
SHERWOOD PARK T8A 3Y6
Sub-offices: Fort Saskatchewan, Leduc, Devon, Thorsby, Beaumont

Alberta East Central Health Unit 742-3326
Box 550
STETTLER T0C 2L0
Sub-offices: Bashaw, Camrose, Castor, Coronation, Daysland, Galahad, Hardisty, Hughenden, Provost, Sedgewick

Stony Plain - Lac Ste. Anne 963-2206
Health Unit
Box 210
STONY PLAIN T0E 2G0
Sub-offices: Whitecourt, Spruce Grove, Fox Creek

Vegreville Health Unit 632-3331
Box 99
VEGREVILLE T0B 4L0
Sub-offices: Holden, Lamont, Two Hills

Minburn-Vermilion Health Unit 853-5270
Box 720
VERMILION T0B 4M0
Sub-offices: Kitscoty, Wainwright

Wetoka Health Unit 352-3337
5610 - 40 Avenue
WETASKIWIN T9A 0R1
Sub-offices: Ponoka, Rimbey, Winfield

APPENDIX II — FAMILY AND COMMUNITY SUPPORT SERVICES OFFICES

Social Planning Unit 948-5907
City of Airdrie
Box 689
AIRDRIE T0M 0B0

Alexander Indian Band 939-4346
Box 510
MORINVILLE T0G 1P0

Alexis Band 967-2225
Box 7
GLENEVIS T0E 0X0

Box 306 747-2030
ALIX T0C 0B0

Box 90 675-2623
ATHABASCA T0G 0B0

Box 948 762-4426
BANFF T0L 0C0

Box 488 674-3341
BARRHEAD T0G 0E0

Box 298 641-3520
BASSANO T0J 0B0

Box 326 562-8861
BLAIRMORE T0K 0E0

Box 1665 826-2120
BONNYVILLE T0A 0L0

Box 1749 362-4973
BROOKS T0J 0J0

Social Services Department (8116) 268-5111
City of Calgary
Box 2100, Station "M"
CALGARY T2P 2M5

4703 - 53 Street 672-0141
CAMROSE T4V 1Y8

Box 460 678-5597
CANMORE T0L 0M0

Box 1297 625-4417
CLARESHOLM T0L 0T0

Barons-Eureka-Warner 345-4451
Box 328 327-6507
COALDALE T0K 0L0

Box 87 639-3626
COLD LAKE T0A 0V0

Box 2549 823-6300
DRUMHELLER T0J 0Y0

Edmonton Social Services 428-5917
5th Floor, Centennial Library
7 Sir Winston Churchill Square
EDMONTON T5J 2V4

Box 1388 723-4401
EDSON T0E 0P0

Box 340 724-3800
ELK POINT T0A 1A0

Box 487 837-2014
FALHER T0H 1M0

Box 120 697-3674
FORT CHIPEWYAN T0P 1B0

Box 232 553-4491
FORT MACLEOD T0L 0Z0

8530 Franklin Avenue 743-7920
FORT McMURRAY T9H 2J3

10005 - 102 Street 998-5151
FORT SASKATCHEWAN T8L 2C5

Frog Lake Band 943-3737
FROG LAKE T0A 1M0

GRAND CENTRE (See COLD LAKE)

Box 300 827-2296
GRANDE CHACHE T0E 0Y0

9902 - 101 Street 539-8080
GRANDE PRAIRIE T8V 2P5

County of Grande Prairie 532-9722
8611 - 108 Street
GRANDE PRAIRIE T8V 2N9

Community Services Department 854-4700
Box 430
HANNA T0J 1P0

Box 208 926-2267
HIGH LEVEL T0H 1Z0

Box 999 523-4441
HIGH PRAIRIE T0G 1E0

Mail Bag #10 652-2307
HIGH RIVER T0L 1B0

Community Services 865-2217
Box 818
HINTON T0E 1B0

Box 219 356-3888
HYTHE T0H 2C0

Box 220 227-3376
INNISFAIL T0M 1A0

Box 1090 852-3381
JASPER T0E 1E0

Kehewin Band
Box 218
BONNYVILLE T0A 0L0

County of Flagstaff 385-3976
Box 450
KILLAM T0B 2L0

Box 756 623-4463
LAC LA BICHE T0A 2C0

Box 1179 782-6637
LACOMBE T0C 1S0

City of Leduc 986-2261
Box 187 Ext. 125
LEDUC T9E 4C4

County of Leduc 986-2251
4301 - 50 Street
LEDUC T9E 2X3

Lesser Slave Lake Indian 523-4401
Regional Council
Community Based Services
Box 1740
HIGH PRAIRIE T0G 1E0

Community Services Directorate 320-3020
c/o City Hall
910 - 4 Avenue South
LETHBRIDGE T1K 2C8

5116 - 50 Street 875-9127
LLOYDMINSTER T9V 0M3

Social Planning Department 529-8311
Community Services Division
580 - 1 Street S.E.
MEDICINE HAT T1A 8E6

c/o Connie Davison 788-2415
General Delivery
MIRROR T0B 3C0

O'Chiese Indian Band
Box 1570
ROCKY MOUNTAIN HOUSE T0M 1T0

Box 189 556-6981
OLDS T0M 1P0

Community Services 624-1000
Box 1062
PEACE River T0H 2X0

Box 1143 783-4491
PONOKA T0C 2H0

Eastpark Senior Needs
Worker Association 753-2280
Box 758
PROVOST T0B 3S0

Box 5008 342-8100
RED DEER T4N 3T4

Box 404 843-2030
RIMBEY T0C 2J0

Town of Rocky Mountain
House Administrator 845-2866
Box 1509
ROCKY MOUNTAIN HOUSE T0M 1T0

Saddle Lake Band 726-3829
Box 100
SADDLE LAKE T0A 1M0

5 St. Anne Street 459-1512
ST. ALBERT T8N 3Z9

Box 1480 645-5313
ST. PAUL T0A 3A0

Samson Band Community Service 585-3793
Box 159
HOBBEMA T0C 1N0

County of Strathcona 464-4044
205 Athabascan Avenue
SHERWOOD PARK T8A 4C8

Box 858 849-5325
SLAVE LAKE T0G 2A0

Box 2097 742-2337
STETTLER T0C 2L0

Box 361 644-3839
STANDARD T0J 3G0

Sunchild Indian Band
Box 747
ROCKY MOUNTAIN HOUSE T0M 1T0

Box 420 638-3220
SUNDRE T0M 1X0

TABER (See COALDALE)

Box 687 657-3540
TWO HILLS T0B 4K0

Box 809 632-3966
VEGREVILLE T0B 4L0

Box 356 336-4024
VIKING T0B 4N0

Box 1391 842-2777
WAINWRIGHT T0B 4P0

WARNER (See COALDALE)

Bo 1266 349-5900
WESTLOCK T0G 2L0

5101 - 50 Avenue 352-6023
WETASKIWIN T9A 0S4 352-6024

Wetaskiwin County 352-3321
5109 - 51 Street
WETASKIWIN T9A 2A5

WHEATLAND (See STANDARD)

Box 509 778-2273
WHITECOURT T0E 2L0

Box 300 325-3782
WILDWOOD T0E 2M0

PHONE NUMBER _____

LAWYER'S NAME _____

PHONE NUMBER _____

BANK

NAME _____

ADDRESS _____

PHONE NUMBER _____

DRUGSTORE _____

CLUBS AND CENTRES _____

_____

CLERGY _____

EMERGENCY TELEPHONE NUMBERS

POLICE _____ AMBULANCE _____

Box 189 556-6981
OLDS T0M 1P0

Community Services 624-1000
Box 1062
PEACE River T0H 2X0

Box 1143 783-4491
PONOKA T0C 2H0

Eastpark Senior Needs
Worker Association 753-2280
Box 758
PROVOST T0B 3S0

Box 5008 342-8100
RED DEER T4N 3T4

Box 404 843-2030
RIMBEY T0C 2J0

Town of Rocky Mountain
House Administrator 845-2866
Box 1509
ROCKY MOUNTAIN HOUSE T0M 1T0

Saddle Lake Band 726-3829
Box 100
SADDLE LAKE T0A 1M0

Box 687 657-3540
TWO HILLS T0B 4K0

Box 809 632-3966
VEGREVILLE T0B 4L0

Box 356 336-4024
VIKING T0B 4N0

Box 1391 842-2777
WAINWRIGHT T0B 4P0

WARNER (See COALDALE)

Bo 1266 349-5900
WESTLOCK T0G 2L0

5101 - 50 Avenue 352-6023
WETASKIWIN T9A 0S4 352-6024

Wetaskiwin County 352-3321
5109 - 51 Street
WETASKIWIN T9A 2A5

WHEATLAND (See STANDARD)

Box 509 778-2273
WHITECOURT T0E 2L0

Box 300 325-3782
WILDWOOD T0E 2M0

PERSONAL RECORD

NAME _____

ADDRESS _____

POSTAL CODE _____

TELEPHONE NUMBER _____

SOCIAL INSURANCE NUMBER _____

ALBERTA HEALTH INSURANCE NUMBER _____

OLD AGE SECURITY (PENSION) NUMBER _____

PERSON TO CONTACT IN CASE OF EMERGENCY:

NAME _____

ADDRESS _____

PHONE NUMBER

Home: _____ Work: _____

DOCTOR'S NAME _____

PHONE NUMBER _____

LAWYER'S NAME _____

PHONE NUMBER _____

BANK

NAME _____

ADDRESS _____

PHONE NUMBER _____

DRUGSTORE _____

CLUBS AND CENTRES _____

_____

CLERGY _____

EMERGENCY TELEPHONE NUMBERS

POLICE _____ AMBULANCE _____

Alberta

SENIOR CITIZENS SECRETARIAT